



TAKE CHARGE!

Family Planning Hotline

1-800-770-4334

<http://maa.dshs.wa.gov/familyplan>

Emergency Contraception Hotline

1-888-668-2528

<http://www.not-2-late.com>

TAKE CHARGE (T.C.) Family Planning offers:

- **FREE** birth control and family planning services for a year
- Use your T.C. card to get family planning services, such as:
 - Annual gynecological exam
 - Emergency contraception
 - Birth control pills
 - Diaphragm or cervical cap
 - Condoms & spermicides without a prescription at a pharmacy
 - Contraceptive film at a family planning clinic
 - IUD
 - Depo shot
 - Contraceptive patch or ring
 - Sterilization for men or women

Call 1-800-770-4334 to find a provider.

Washington State Department of Social and Health Services